

National Diabetes Prevention Program



Location and Time

Mid-Florida Research & Education Center
2725 S. Binion Road, Apopka, FL 32703

Class time: 5:30 p.m. to 6:30 p.m.

Class day: Thursday

Looking for a **FREE** and proven lifestyle change program
for eating healthy, being active and preventing diabetes?

Look No Further!

Classes begin June 25th

Apopka, FL

Interested? Call or email us today!

Contact: Andrea Likens – UF/IFAS Extension Seminole County

alikens@seminolecountyfl.gov

407-665-5553



Who qualifies for the program?

- ✓ 18 years or older
- ✓ Overweight
- ✓ Prediabetes (blood test or screening)

Program details:

- ✓ 16 weekly healthy eating/physical activity coaching sessions
- ✓ 6 monthly maintenance sessions following the first 16 weeks

**Supportive
group setting**

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